

April 2009

WEIGHT-LOSS SPECIAL

RUNNER'S WORLD

APRIL 2009

LOSE 5 POUNDS (In 4 Weeks)

Super Fit On Fewer Miles
WORKOUTS, PAGE 25

Train Your Brain
TO GET MORE FROM EVERY RUN

Snot Rockets! Pit Stops! Jog-Bra Malfunctions! RUNNING MISHAPS (AND HOW TO HANDLE THEM)

1 COUNT CALORIES → Track your intake by keeping a detailed food journal for one week, says Lewin. Write down everything you eat and note your energy and hunger levels on a scale of one to 10 (nutritiondata.com and calorieking.com provide calorie counts for most foods, making it easy to do the math).

THE RUNNER'S GUIDE TO WeightLoss

DIETARY STRATEGY Cut 500 calories a day to lose one pound a week

RUNNER'S STRATEGY Reduce calorie intake based on personal needs

YOU'VE PROBABLY heard of the 500 Rule—slash 500 calories a day to lose one pound a week (one pound equals 3,500 calories). "It's a nice, clean rule," says Lewin, and for a lot of dieters, cutting 500 calories a day will help them lose weight—at least for a while. The problem for runners, though, is that slashing that many calories can be too much—especially if you're training hard. "Cutting too many calories can be your worst enemy," says Lewin. "It can lead to plummeting energy levels. You might not be able to work out as well or maintain muscle mass—you're setting yourself up for failure." So rather than cutting 500 calories, runners should work to identify the number of calories they personally need to eat to lose weight, says Lewin. Here's how to find that number:

- 1 COUNT CALORIES** → Track your intake by keeping a detailed food journal for one week, says Lewin. Write down everything you eat and note your energy and hunger levels on a scale of one to 10 (nutritiondata.com and calorieking.com provide calorie counts for most foods, making it easy to do the math).
- 2 TRIM—DON'T SLASH** → "Start by cutting about 300 calories a day," says Leslie Bonci, R.D., director of sports nutrition at the University of Pittsburgh Medical Center. "It's a more doable number and is more likely to reflect a drop in body fat." As long as you're running, you'll still hit a 500-calorie deficit per day and lose about one pound a week.
- 3 TWEAK IT** → If you cut 300 calories and maintain your energy levels, but the number on the scale hasn't budged, it's time to reduce your intake gradually, says Bonci. You can also adjust for training. Racking up miles for a marathon? Add calories back in. Having an easy week? Reduce your intake further.

Small Changes, Big Rewards

YOU DON'T need to make drastic adjustments to your calorie intake to start dropping pounds. Small substitutes here and there can add up and lead to major weight loss. Jennifer Ventrella, R.D., owner of a private weight-loss practice in Chicago called Weight No More, suggests these simple food swaps for a day of meals to help cut calories while keeping your energy levels high.

Swap Out	Swap In
<p>Bagel with cream cheese 360 calories</p>	<p>½ whole-grain bagel with peanut butter and a cup of yogurt 325 calories</p>
<p>Starbucks Grande Latte 190 calories</p>	<p>Starbucks Grande Skinny Vanilla Latte 130 calories</p>
<p>C&W Bar 250 calories</p>	<p>High-fiber, high-protein granola bar, such as Keehi GoLean Crunchy Bar 180 calories</p>
<p>Subway six-inch roast-beef sandwich on white with mayo, cheese, and veggies 400 calories</p>	<p>Subway six-inch roast-beef sandwich on wheat with mustard, no cheese, extra veggies, and apple slices on the side 340 calories</p>
<p>Four-ounce pork chop and salad with apples, walnuts, and goat cheese 485 calories</p>	<p>Four ounces of pork tenderloin and a mixed green salad with apples and walnuts (hold the cheese), and a half cup of brown rice 380 calories</p>
<p>One cup of vanilla ice cream 290 calories</p>	<p>Half cup of vanilla ice cream with one cup of raspberries 205 calories</p>
Original daily intake 1,975 calories	New daily intake 1,560 calories

TOTAL DAILY SAVINGS 415 calories

CLOCKWISE FROM TOP LEFT: ANDREWS; BARTER; MACHIN; LETTY; HANSEN; COURTESY; STAMBERG; COURTESY; HANSEN; TO; ...; JOURNAL; JOURNAL; MACHIN; LETTY; HANSEN; COURTESY; STAMBERG; COURTESY; HANSEN; TO; ...